

## ABSTRACT

To provide a muscle development device wherein a sufficient pressure can be applied to every part of the limb intended to be compressed, even under the influence of muscle movements.

To provide a muscle development device comprising: a hollow tight fitting band having a tube and a limiter plate 6 provided therein; and fastening means for use in keeping a length of the tight fitting band in a loop having a desired size, the muscle development device being used to develop muscles of a limb while restricting the blood flow therethrough by means of applying, with the tight fitting band being rest on muscles of a predetermined compressed range of the limb and the tight fitting band being fastened with the fastening means to have a desired size, a predetermined pressure to the limb around which the tight fitting band is wrapped, the pressure being produced by introducing air to the tube. The limiter plate 6 has grooves 6a formed therein in order to limit the direction towards which the tube is allowed to inflate as the tube is filled with air, to against the muscles as determined with the tight fitting band being rest on the muscles.